

Soft Pretzels



Week 5
Friday
Snack

Ingredients	16 Servings	32 Servings	Directions
Dry active yeast, Baker's Apple or white grape juice, lukewarm, unsweetened Salt, table Vegetable oil Egg, whole, fresh, beaten All-Purpose flour, enriched, bleached	1 Tbsp $\frac{3}{4}$ cup $\frac{1}{4}$ tsp 1 Tbsp 1 lg. egg 2 cups	2 Tbsp 1 $\frac{1}{2}$ cup $\frac{1}{2}$ tsp 2 Tbsp 2 lg. eggs 1 qt	1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice. 2. Beat with an electric mixer for 2-3 minutes. 3. Stir in remaining flour 4. Knead on floured board for 10 minutes or until dough is smooth and elastic. Add more flour if dough is sticky. 5. Pinch off pieces of dough and roll to form 16 long strips. 6. Twist into desired shapes and place on lightly greased baking sheets. 7. Let rise in a warm place for 30 minutes. 8. Brush with egg and sprinkle with salt. 9. Bake at 450 degrees F for 15 minutes or until brown.
Portion size for 3-5 year old: 1/2 pretzel Each serving provides: $\frac{1}{2}$ slice bread alternate			
Nutrition Tip: The sugar naturally present in apple or white grape juice sweetens the flavor of this pretzel without adding extra "white" sugar. Physical Activity: Invent dances to your favorite songs. Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services			

Spinach Salad



Week 1
Friday
Lunch

Ingredients	9 Servings	18 Servings	Directions
Fresh spinach Vegetable oil Lemon juice Garlic powder Sugar Chopped hard cooked eggs Cooked and chopped bacon	2 $\frac{3}{4}$ cups 2 Tbsp 1 Tbsp 1/8 tsp 1 tsp 1 large egg 2 slices	5 $\frac{1}{2}$ cups 4 Tbsp 2 Tbsp $\frac{1}{4}$ tsp 2 tsp 2 large eggs 4 slices	1. Wash and drain spinach, pinch off stems, tear into bit-size pieces and place in a salad bowl. 2. To make dressing, combine vegetable oil, lemon juice, garlic powder and sugar in a screw top jar. Cover and shake well. 3. Pour dressing over spinach; toss lightly to coat spinach 4. Sprinkle bacon and egg on top.
Portion size for 3-5 year old: $\frac{1}{4}$ cup Each serving provides: $\frac{1}{4}$ cup vegetable			

Nutrition Tip: Iron and Vitamin C: A great way to double up on fighting infections with lasting energy.

Physical Activity: Balancing Relay - Divide children up into groups. Give each group a beanbag or small soft toy to balance on their head. They have to race, with out dropping the beanbag, to a point and back. The first team to successfully make it wins.

Recipe Source: Robin Timmerman - Geneva

Sunny Carrot Salad



Week 1
Thursday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Carrots, grated or shredded Raisins (light or dark) Mayonnaise Salted peanuts, option to leave off Lettuce	2 cups $\frac{1}{2}$ cup $\frac{1}{3}$ cup sprinkled 1 large leaf each	1 qt + 1 cup $1\frac{1}{4}$ cup $\frac{3}{4}$ cup + 1 Tbsp sprinkled 1 large leaf each	Peel carrots with a vegetable peeler and grate coarsely or shred. Add the raisins, mayonnaise and salted peanuts, saving about 1 tablespoon of peanuts to garnish salads. Stir to mix thorough. Place a lettuce leaf on each 4 salad plates. Spoon carrot salad into center of each leaf. Sprinkle a few peanuts over top of salad. Refrigerate until serving time.
<p>Portion size for 3-5 year old: $\frac{1}{4}$ cup</p> <p>Each serving provides: $\frac{1}{4}$ cup fruit/vegetable</p>			
<p>Nutrition Tip: Carrots contain Vitamin A to keep your immune system strong and able to fight off infections.</p> <p>Physical Activity: Let children pretend they are bunnies or jackrabbits. Have a bunny/rabbit race.</p> <p>Recipe Source: http://homehearth.virtualave.net/sunnycarrot.html</p>			

Sunshine Tacos



Week 2
Wednesday
Breakfast

Ingredients	10 Servings	20 Servings	Directions
Tortillas (10" in diameter) Eggs (whole, scrambled) Cheese (American or cheddar)	5 each 6 large $\frac{1}{2}$ cup (shredded)	10 each 12 large 1 cup (shredded)	Scramble the eggs. Sprinkle cheese on tortillas and heat until cheese melts. Add scrambled eggs to tortillas, fold like a taco and enjoy!
Portion size for 3-5 year old: $\frac{1}{2}$ taco Each serving provides: $\frac{1}{2}$ slice bread alternate, 1 oz meat alternate			

Nutrition Tip: Try using whole wheat tortillas in this recipe to increase fiber and B Vitamins.
 Physical Activity: Play a game of soccer with a beachball.
 Recipe Source: Laura England, Kootenai Valley Head Start

Taco Chex Mix



Week 1
Monday
Snack

Ingredients	15 Servings	30 Servings	Directions
Butter	1 Tbsp	2 Tbsp	Melt butter and seasoning. Mix into cereal. Sprinkle on the cheese and heat in oven until melted.
Dry Taco Seasoning Mix	1 Tbsp	2 Tbsp	
Corn Chex cereal	4 cups	8 cups	
Grated Cheese (parmesan)	$\frac{1}{2}$ cup	1 cup	
Portion size for 3-5 year old: 1/3 cup			
Each serving provides: 1 bread alternate			

Nutrition Tip: Corn Chex provides iron to help children grow.

Physical Activity: Line up the children in a long row. The child at the head of the line weaves his/her way around the yard leading the "human caterpillar". Have the children take turns at the head of the line.

Recipe Source: Laura England, Kootenai Valley Head Start, Montana

Tasty Lemon Fish



Week 3
Tuesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Paprika	$\frac{3}{8}$ tsp	1 tsp	Mix dry ingredients in a small bowl. Place in a salt shaker. Place fish portions into an ungreased pan. Sprinkle lemon juice and seasoning mix over the top of the fish fillets. Drizzle melted margarine over the seasonings. Bake at 350 degrees for 20 min. Until fish flakes easily with a fork.
Garlic, granulated	$\frac{3}{8}$ tsp	1 tsp	
Salt, onion	$\frac{3}{8}$ tsp	1 tsp	
Pepper, red/cayenne	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
Pepper, black	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
Pepper, white	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
Oregano, ground	$\frac{1}{8}$ tsp	$\frac{1}{2}$ tsp	
Thyme, ground	$\frac{1}{8}$ tsp	$\frac{1}{2}$ tsp	
Fish fillets, frozen, unbreaded	20 oz	50 oz	
Margarine	1 $\frac{1}{4}$ oz	3 oz	
Lemon juice, frozen, unsweetened	1Tbsp+1 $\frac{3}{4}$ tsp	$\frac{1}{4}$ cup	

Portion size for 3-5 year old: 1 $\frac{1}{2}$ oz of fish (approx. $\frac{1}{2}$ the size of a deck of cards)

Each serving provides: 1 $\frac{1}{2}$ oz meat

Nutrition Tip: Fish is a great source of omega 3 fatty acids (good for your heart).

Physical Activity: Have a jumping jack event, see if kids can do 10 jumping jacks, then 15 and then 20!

Recipe Source: USDA D-46

Tater Tot Casserole



Week 2
Wednesday
Lunch

Ingredients	16 Servings	32 Servings	Directions
Dried onion	2 Tbsp	4 Tbsp	Mix first 5 ingredients together in large bowl. Add chicken and taters. Stir. Pour into 8 x 8" baking pan. Bake at 350 for 45 minutes.
Reduced fat cream of chicken soup	1-10 oz can	2-10 oz cans	
Chicken rice soup	1-10 oz can	2-10 oz cans	
Pepper	1/8 tsp	1/4 tsp	
Dried mustard	1/2 tsp	1 tsp	
Cooked chicken (chopped)	3 cups	6 cups	
Tater tots	1 pound	2 pounds	

Portion size for 3-5 year old: 1/16 of recipe

Each serving provides: 1 1/2 oz meat and < 1/4 cup vegetable

Nutrition Tip: Vitamin C helps improve the absorption of iron. Serve this recipe with a Vitamin C rich fruit.

Physical Activity: "Turtle and Rabbit" - Explain turtles move slowly and rabbits move fast. When turtle is called out the children must move slowly until rabbit is called out. Repeat alternating animals to keep children moving.

Recipe Source: Young Parents Education Center, Great Falls

Tuna Boats



Week 5
Monday
Lunch

Ingredients	8 Servings	16 Servings	Directions
Tuna, light, water packed, drained	12 oz	24 oz	Heat oven to 350 degrees F. Mix first 4 ingredients in a bowl. Open buns and slice down center. Butter each half. Spread tuna filling evenly on buns. Place on cookie sheet and bake for 8 minutes. Add cheese slices, bake for 2 more minutes or until cheese is melted.
Dill pickle, chopped (can substitute relish for sweeter flavor)	1/3 cup	2/3 cup	
Cheese, cheddar, sliced	2 oz.	4 oz.	
Mayonnaise, low-fat	1/3 cup	2/3 cup	
Catsup	2 Tbsp	$\frac{1}{4}$ cup	
Hot dog buns	4 each	8 each	
Soft butter or margarine	Just enough to cover each bun	Just enough to cover each bun	

Portion size for 3-5 year old: $\frac{1}{2}$ a tuna boat or $\frac{1}{2}$ a hot dog bun

Each serving provides: 1 $\frac{1}{2}$ oz meat/meat alternate, $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Fish, like tuna, is a source of healthy fats (Omega 3 fatty acids) and helps to keep the heart healthy. You can also try this recipe with salmon.

Physical Activity: In the winter go outside! Build a snowman and play in a snow fort.

Recipe Source: Home and Hearth

Turkey Tetrazzini



Week 4
Thursday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Vermicelli spaghetti, dry, enriched	8 oz	1 lb	Mix all ingredients, place in a greased 9 x 13 inch pan. Sprinkle with Parmesan cheese on top and drizzle melted butter. Bake at 350 degrees for 45 minutes.
Mushroom soup, condensed	2 can	4 cans	
Mushrooms, canned, drained	1 can	2 cans	
Milk, 1% Low-fat	1 cup	2 cups	
Turkey, roasted, chopped/diced	2 cups	1 qt	
Green pepper, raw, chopped	$\frac{1}{2}$ cup	1 cup	
Pimento, canned	$\frac{1}{2}$ cup	1 cup	
Cheddar cheese, shredded	2 cups	1 qt	
Salt and pepper to taste			
Parmesan cheese, grated	$\frac{1}{2}$ cup	1 cup	
Melted butter	3 Tbsp	1/3 c. + 2 tsp	

Portion size for 3-5 year old: 1/12 of recipe

Each serving provides: $\frac{1}{2}$ slice bread alternate, 1 $\frac{1}{2}$ oz meat/meat alternate

Nutrition Tip: Try using thin whole wheat spaghetti noodles in this recipe for extra nutrition and added fiber.

Physical Activity: Balloon volleyball - children can be standing on the floor. A rope is tied just above their heads and they can bat it back and forth across the rope.

Recipe Source: www.cooks.com

Vegetable Chili



Week 5
Wednesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Vegetable oil	2 $\frac{1}{2}$ tsp	2 Tbsp	Heat the oil. Add the chopped onions and sauté 3 minutes, until translucent. Add the chopped green peppers and sauté 2 minutes, until tender. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered. Add yogurt and stir to blend. Sprinkle $\frac{1}{4}$ cup of cheddar cheese on top of each serving.
Onions, chopped or Dehydrated onions	$\frac{3}{4}$ cup	2 cups	
Fresh green peppers, chopped, Or dried green peppers	3 Tbsp	$\frac{1}{2}$ cup	
Chili powder	$\frac{3}{8}$ cup	1 cup	
Cumin	3 tsp	2 Tbsp+2 tsp	
Granulated garlic	2 Tbsp+1 tsp	$\frac{1}{4}$ cup+2 Tbsp	
Onion salt	2 $\frac{1}{4}$ tsp	2 Tbsp	
Red hot sauce (optional)	$\frac{3}{4}$ tsp	2 tsp	
Brown sugar	$\frac{1}{2}$ tsp	1 tsp	
Canned crushed tomatoes	$\frac{3}{4}$ Tbsp	2 Tbsp	
Canned diced tomatoes, drained	1 $\frac{1}{2}$ Tbsp	$\frac{1}{4}$ cup	
Canned kidney beans, drained	2 $\frac{1}{2}$ cup	1 qt+2 cups	
No. 3 bulgur wheat	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cup	
Water	2 $\frac{1}{2}$ cup	1 qt+2 $\frac{1}{4}$ cups	
Low-fat plain yogurt	$\frac{2}{3}$ cup	1 $\frac{1}{2}$ cup	
Low-fat cheddar cheese, shredded	$\frac{7}{8}$ cup	2 cups	
* when using dehydrated veggies, re-hydrate in equal amount of water.	$\frac{3}{4}$ cup	2 cups	
	10 oz (2 $\frac{1}{2}$ cup)	1 lb 9 oz or (1 qt+2 $\frac{1}{4}$ cups)	
Portion size for 3-5 year old: $\frac{3}{4}$ cup Each serving provides: 2 oz meat, $\frac{3}{8}$ cup vegetable			
Nutrition Tip: Kidney beans, like all legumes, provide iron and fiber. Canned beans are a quick, healthy, and cost-effective. Physical Activity: Have the children do a pretend triathlon. Run in place, lay on tummy and swim, and then flip over to back and pedal pretend bikes. Make medals and string on thick ribbons for triathlon competitors. Recipe Source: USDA-D-26			

Vegetable Soup



Week 5
Monday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Chicken or beef stock	1 qt + 2 cups	3 qt + 3 cups	Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to a boil.
Tomatoes, canned, crushed	2 $\frac{1}{2}$ cups	1 qt + 2 cups	
Fresh celery, chopped/diced	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cups	Reduce heat and cover. Simmer for 20 minutes.
Onions, fresh, chopped	$\frac{2}{3}$ cup	1 $\frac{1}{4}$ cup + 2 Tbsp	
Black pepper	$\frac{1}{8}$ tsp	$\frac{1}{2}$ tsp	Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Parsley flakes, dried	$\frac{3}{4}$ Tbsp	2 Tbsp	
Garlic powder	1 $\frac{1}{4}$ tsp	1 Tbsp	Cover and simmer for 15 minutes, or until vegetables are tender.
Corn, sweet yellow, canned, drained (OR frozen whole kernel corn)	$\frac{2}{3}$ cup ($\frac{3}{4}$ cup)	1 $\frac{1}{2}$ cups (1 $\frac{1}{2}$ cup + 2 Tbsp)	
Canned, diced carrots, drained (OR frozen sliced carrots)	$\frac{2}{3}$ cup (1 cup)	1 $\frac{1}{2}$ cup (2 $\frac{1}{2}$ cups)	
Green beans, canned, drained, (OR frozen cut green beans)	$\frac{2}{3}$ cup ($\frac{3}{4}$ cup)	1 $\frac{1}{2}$ cups (1 $\frac{1}{2}$ cups)	
Green peas, canned, drained (OR frozen green peas)	$\frac{2}{3}$ cup ($\frac{3}{4}$ cup)	1 $\frac{1}{2}$ cups (2 cups)	

Portion size for 3-5 year old: 1 cup
Each serving provides: $\frac{1}{2}$ cup vegetable

Nutrition Tip: This soup is good with either canned or frozen vegetables. Talk about all the colors of vegetables in this soup.

Physical Activity: "Pantomime" -Let each child suggest an animal or person that the group will "act out" as a group.

Recipe Source: USDA

Volcano Potatoes



Week 3
Friday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Sweet Potatoes, raw, Peeled* Butter Pepper Salt Paprika Milk, 1% low-fat Grated cheese, cheddar, or American	2 lb + 3 oz (~3 potatoes) 1/8 cup To taste .5 tsp To taste 1/4 cup 1 Tbsp (shredded)	4 lb + 6 oz (~6 potatoes) 1/4 cup To taste 1 1/8 tsp To taste 1/2 cup 3 Tbsp (shredded)	Pare, cook, and mash potatoes until smooth and light. Add butter, a few grains of pepper, salt, and paprika to taste with sufficient milk to moisten thoroughly. Make into irregular cones about 3 inches high and place on a platter for baking. In the top of each cone make a deep indentation. Mix the grated cheese with a little salt and enough paprika to make it quite red, and fill each cone with this mixture. Sprinkle more cheese over the cones and place in a hot oven. As the cheese melts it will spread and cover the side of the cones.

*Recipe can also be made with white potatoes.

Portion size for 3-5 year old: 1/4 cup
Each serving provides: 1/4 cup vegetable

Nutrition Tip: Fresh potatoes are a good source of vitamin C. Sweet Potatoes contain Vitamin A for healthy skin.
 Physical Activity: "Fruit/Vegetable Tag" - the kids play freeze tag like normal, but to get unfrozen, they must holler out a favorite fruit or vegetable.

Recipe Source: <http://nancyskitchen.com>

Whole Grain Banana Muffins



Week 1
Monday
Breakfast

Ingredients	12 Muffins	24 Muffins	Directions
Enriched AP white flour	1 cup	2 cup	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter & banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup 2/3 full and bake for 15 minutes. Can spread with peanut butter or cream cheese.
Whole wheat flour	1 cup	2 cup	
Wheat germ	1/3 cup	2/3 cup	
Salt	a pinch	$\frac{1}{2}$ tsp	
Baking Powder	3 tsp	2 Tbsp	
Egg, Whole, Fresh	1 large	2 large	
Ripe banana (mashed)	$\frac{1}{2}$ cup	1 cup	
Apple juice (concentrate, thawed)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Milk (skim)	1 cup	2 cup	
Butter (melted)	3 tsp	2 Tbsp	
Dried fruit (optional) (Raisins, chopped apricots)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	

Portion size for 3-5 year old: 1/2 muffin

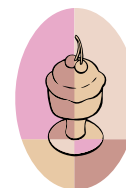
Each serving provides: 1 $\frac{1}{2}$ bread alternate

Nutrition Tip: Enriched flour, raisins and dried apricots contain iron to keep your energy level up!

Physical Activity: Pick a favorite song and dance along to it!

Recipe Source: www.pammshouse.com/kidseatveggies.html

Yogurt/Cereal/Fruit Parfait



Week 1
Tuesday
Breakfast

Ingredients	10 Servings	25 Servings	Directions
Low-fat, plain yogurt Low-sugar, whole grain cereal Fruit (fresh or frozen)	2 $\frac{1}{2}$ cups 3 $\frac{1}{3}$ cups 5 cups	6 $\frac{1}{4}$ cups 8 $\frac{1}{3}$ cups 6 $\frac{1}{4}$ cups	Preferably in a see through glass, layer the yogurt, cereal and fruit. Total, amongst the layers, there should be $\frac{1}{4}$ cup yogurt, $\frac{1}{3}$ cup cereal, and $\frac{1}{2}$ cup fruit.
Portion size for 3-5 year old: 1 parfait to include $\frac{1}{4}$ cup yogurt, $\frac{1}{3}$ cup cereal, $\frac{1}{2}$ cup fruit Each serving provides: $\frac{1}{2}$ oz meat alternate, $\frac{1}{2}$ slice bread alternate, $\frac{1}{2}$ cup fruit			
Nutrition Tip: Look for seasonal fresh fruit to use in this recipe. Frozen fruit is also a good choice. Physical Activity: See how many turns the kids can take on a jump rope. Or, lay the jump rope on the floor and count how many times they can jump over it. Recipe Source: Montana Child and Adult Care Food Program			